



BRITISH  
FRENCH .... ITALIAN .... RUSSIAN  
BELGIAN

# COOKERY

ARRANGED BY  
GRACE CLERGUE HARRISON  
... AND ...  
GERTRUDE CLERGUE

*TO AID THE WAR SUFFERERS IN THE DEVASTATED DISTRICTS OF FRANCE*

INTRODUCTION BY  
HON. RAOUL DANDURAND  
COMMANDEUR DE LA LÉGIION D'HONNEUR

PREFACE BY  
PROF. STEPHEN LEACOCK  
MCGILL UNIVERSITY, MONTREAL

To  
Page 24 lines,  
with the compliments of the author  
Eutimide Clergue

The Compilers regret that in the haste of producing this book in time to help in the planting season of 1916, some typographical errors escaped the attention of the proofreader, necessitating the following

### ERRATA!

- Page 3. substitute "so distinctive" for  
"no distinctive"
- " 7, " "de sucre" "  
" du sucre "
- " " "chevauchant" "  
" chevauchant "
- " " "l'étuze" "  
" l'étude "
- " 19, (Rillettes de Tours)  
substitute "2 pork kidneys" for  
"2 sheep's "
- " " Add to "Rillettes de Tours" "4 onions  
minced fine with the pork fat "



# THE PURPOSE

*of this little book is to procure funds in aid of the farmers in that part of France which was devastated by the invasion of the German armies, but which was subsequently regained by the French.*

*This region, one of the most fertile in France, and which sustained hundreds of thousands of inhabitants engaged in agricultural pursuits, has been left desolate, with all buildings destroyed and all farming implements, cattle and farm products taken off by the invaders for military uses.*

*The old men, the women and the children of this region who have survived the slaughter of invasion, are now undertaking the labour of restoring their farms and of planting and cultivating their crops; to help in the supply of seeds, farm implements, and other simple but essential means of enabling these suffering people to regain nourishment by their own efforts, the compilers offer to the public this book on Cookery.*

*Its proceeds will be distributed by Le Secours National, of France, whose effective organization assures its best and most helpful disposition.*

*The recipes have been arranged with the kind aid of many house keeping friends; we believe the collection comprises some that will be novel to many households, and that all of them will give satisfaction when exactly followed.*

*The compilers will gladly answer requests for information from any one wishing to further support this cause.*

*Copies of this book will be mailed, post paid, on application; price fifty cents, each copy.*

Mrs. Wm. LYNDE HARRISON,  
Milestone House,  
Branford, Conn.

Miss GERTRUDE CLERGUE,  
597 Sherbrooke Street West,  
Montreal.

CHD FAM 1916 no. 2

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# ALLIED FOOD

(A Special Preface Written for this Volume and  
Inserted only after Strong Protest from the Editors)

AS soon as I heard of the proposed plan of this book I became positively frantic to cooperate in it. The idea of a cookery book which should contain *Allied Recipes* and *Allied Recipes* only, struck me at once as one of the finest ideas of the day.

For myself I have felt for sometime past that the time is gone, and gone for ever, when I can eat a German Pretzel or a Wiener Schnitzel.

It gives me nothing but remorse to remember that there were days when I tolerated, I may even say I enjoyed, Hungarian Goulasch. I could not eat it now. As for Bulgarian Boosh or Turkish Tch'kk the mere names of them make me ill.

For me, for the rest of my life, it must be Allied Food or no food at all. One may judge, therefore, with what delight I received the news of the patriotic enterprise of Miss Clergue and Mrs. Harrison. I at once telegraphed to them in the following words.

*"Am willing to place at your service without charge entire knowledge of cookery. Forty six years practical experience"*.

To this telegram I received no reply. I am aware that there is, even in cooking circles, a certain amount of professional jealousy. It may be that I had overpassed the line of good taste in offering my *entire* knowledge. I should have only offered part of it.

I therefore resolved that instead of writing the whole book, as I had at first intended, I would content myself with sending to the editors, a certain number of selected recipes of a kind calculated to put the book in a class all by itself.

I sent, in all, fifty recipes. I regret to say that after looking over the pages of the book with the greatest care, and after looking also on the back of them, I do not find my recipes included in it. The obvious conclusion is that while this book was in the press my recipes were stolen out of it. This may have been done by a German spy. I hope so.

The various dishes that I had selected were of no distinctive a character and the art involved in their preparation so entirely *recherché* that it seems a pity that they should be altogether lost. They contained a certain *je ne sais quoi* which would have marked them out as emphatically the perquisite of the few. To say that they were dishes for a king is to understate the fact. There were certain of them which I should have liked to feed to the German Emperor.



It is therefore merely in the public interest and from no sense of personal vanity that I reproduce the substance of one or two of them in this preface. There was a whole section, for example, on Eggs, which I am extremely loath to lose. It showed how by holding an egg down under boiling water till it is exhausted, it may be first cooked and then be passed under a flat iron until it becomes an Egg pan-cake. It may be then given a thin coat of varnish and served in a railway restaurant for years and years.

I had also an excellent recipe for Rum Omelette. It read. "Take a dipper full of rum and insert an omelette in it. Serve anywhere in Ontario". I am convinced that this recipe alone would have been worth its weight in rum.

But it would be childish of me to lay too much stress on my own personal disappointment or regret. When I realised what had happened I felt at once that my cooperation in this book must take some other form. I therefore sent to the editors a second telegram which read :—

*"Am willing to eat free of charge all dishes contained in volume".*

This offer was immediately accepted and I am happy to assure readers of this book that I have eaten each and every one of the preparations in the pages that follow. To prevent all doubt I make this statement under oath. I had intended to make merely an honest statement of the fact but my friends tell me that a statement under oath is better in such a case than a mere honest statement.

It was only after my collaboration that I discovered that the proceeds of this book were to go to the Belgian and French Refugees. As soon as I knew this, I sent a cheque to the editors and begged them to put me down for a thousand copies. I am sorry to find that my cheque has come back to me, the bank having very generously refused to accept it.

But my sympathy and cooperation in this good work are none the less sincere.

Stephen Leacock

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Mrs. Wm. LYNDE HARRISON,  
Miss G. CLERGUE.

Mesdames,

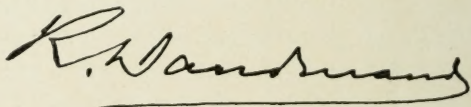
Vous désirez faire quelque chose pour venir en aide aux victimes de la guerre en France et, dans ce but, vous publiez un livre utile dont vous faites tous les frais d'impression de manière à ce que le produit total de la vente soit versé au Comité de Secours National de Paris.

Le but que vous vous proposez est fort louable car les besoins sont grands au pays de France. On a fait dernièrement le recensement des réfugiés belges et français chassés de leurs demeures et recueillis dans les diverses communes de France. Ils sont plus de 900,000 et les allemands ont renvoyé en France par la voie de la Suisse plus de 100,000 prisonniers — vieillards, femmes et enfants — qu'ils ne voulaient plus nourrir et qui ont été rendus, dénués de tout, à la charité publique. Tous ces malheureux doivent être vêtus de la tête aux pieds. Les Etats-Unis et le Canada ont heureusement fait leur part pour soulager cette grande infortune, grâce aux appels réitérés de l'American Relief Clearing House de Paris et de New-York et des divers comités canadiens du Secours National de Paris, organisés par le Comité France-Amérique.

Les hôpitaux français réclament aussi, à bon droit, notre sollicitude, car c'est la France qui supporte le plus fort de l'assaut teuton sur la frontière de l'Ouest et ses blessés doivent dépasser le demi million. Devant cette grande détresse la Croix-Rouge américaine et la Croix-Rouge canadienne ne sont

pas demeurées indifférentes et des milliers de caisses ont été envoyées aux hôpitaux français. Malheureusement la liste des calamités qui ont fondu sur la France ne s'arrête pas là: tout le territoire envahi par les troupes allemandes, dont elles ont été chassées, qui va de la Marne à l'Aisne, et que couvraient des centaines de villages prospères dans une des régions les plus fertiles et les plus riches de la France, a été ravagé par les troupes ennemies. Les propriétaires de ces milliers de fermes — vieillards, femmes et enfants — sont revenus à leurs foyers détruits pour relever leurs maisons et faire produire à la terre la nourriture dont ils ont besoin. Ils ont tout perdu: maisons, meubles, vêtements, animaux, instruments aratoires. Ce sont ces derniers qui attirent particulièrement votre commisération. En face de cette misère effroyable tous les coeurs s'émeuvent et chacun veut apporter son aide à ces braves gens. Vous donnez au public une occasion facile et agréable de faire ce geste en mettant à sa portée un livre intéressant dont le prix ira soulager les nobles victimes de la guerre en France.

Je vous souhaite une forte recette. Veuillez agréer, mesdames, avec mes félicitations, l'expression de mes sentiments distingués.

A handwritten signature in dark ink, appearing to read 'R. Vandenberg', with a horizontal line drawn underneath it.

Président du Comité France-Amérique  
Section Canadienne.



## CHARLOTTE DE POMMES

**P**RENDRE des pommes reinettes épépinées, emincées et sautées au beurre avec quelques pincées de sucre et une demi-gousse de vanille.

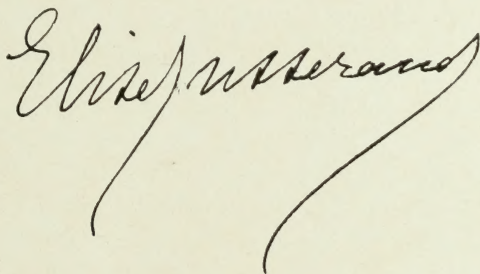
De cette fondue de pommes qui ne doit pas être trop cuite, on garnit un moule à charlotte dont les parois auront été revêtues d'étroites tranches de mie de pain trempées dans du beurre épuré et saupoudré de sucre.

Ces tranches de pain doivent être placées dans le moule, se chevachant, les unes sur les autres.

Garnir le fond du moule d'une abaisse de pain de mie également beurrée et saupoudrée du sucre.

Recouvrir la charlotte d'une abaisse prise dans la croûte du pain de mie afin de la protéger contre l'action trop vive du calorique.

Faire cuire la charlotte au four pendant 35 ou 40 minutes ; la laisser reposer pendant quelques minutes à l'étude avant de la démolir, et la servir avec une sauce à l'abricot, parfumée au Kirsch.

A large, elegant handwritten signature in dark ink, reading 'Elise Masseraud'. The signature is written in a cursive style with long, sweeping flourishes, particularly a large loop under the 'd'.

*Ambassade de France aux Etats-Unis.*

*March 2nd 1916.*

## BOUILLABAISSE

The National Dish of Marseille

*Indeed, a rich and savory stew tis ;  
And true philosophers, methinks,  
Who love all sorts of natural beauties,  
Should love good victuals and good drinks.  
And Cordelier or Benedictine  
Might gladly, sure, his lot embrace,  
Nor find a fast day too afflicting,  
Which served him up a Bouillabaisse.*

THACKERAY.

**C**UT off the best parts of 3 medium sized flounders, and 6 butter fish and put them aside ; the remaining parts of the fish, skin, bones, heads, etc. boil in water 20 minutes : this should make 1 quart of fish stock when strained.

Put 3 tablespoons of olive oil in stew pan, add 4 chopped onions, 3 cloves of chopped garlic, a few sprigs of parsley, 1 bayleaf,  $\frac{1}{4}$  teaspoon fennel,  $\frac{1}{4}$  teaspoon saffron,  $\frac{1}{2}$  teaspoon whole black pepper ground, salt, fry until golden brown, then add 3 or 4 tomatoes and a pimento,  $\frac{1}{3}$  quart of white wine,  $\frac{2}{3}$  quart of water, boil 15 minutes ; now strain and return to the kettle, then add the flounder and butter fish in pieces as large as possible  $\frac{1}{2}$  lb. of codfish tongues, 1 lb. of eel ; boil 10 minutes, add the fish stock, 1 lb. of scallops, boil 10 more minutes, then put in  $\frac{1}{2}$  lb. of shrimps and 1 large boiled lobster cut in pieces, a few moments before taking from the fire. Rub together 1 oz. of flour and 1 oz. of butter ; drop this in the soup in little balls five minutes before serving. Rub with garlic some round slices of bread and serve the Bouillabaisse on them.

One is not able to obtain here the varieties of fish of the Midi but the above will make an excellent substitute.

## BORCHT

A Russian Soup

**M**AKE a clear, light coloured, highly seasoned stock of beef and veal or chicken. Strain and remove all fat. A Russian gourmet will say that really good Borcht should be made with 2 ducks and a chicken in the stock. Boil 4 red beets

taking care not to let them bleed. Put the stock in the pan and cut up the beets finely into it about 4 large beets to 8 cups of stock. Let it heat slowly until the beet juice has made it quite red; squeeze in enough lemon juice to give it a slightly acid flavour, then clear by stirring in the whipped white of an egg and bringing it to the boiling point. Strain carefully. Serve in cups with a spoonful of sour cream.

## MUSHROOM SOUP

**T**HREE quarters lb. fresh mushrooms, 1 cup water, 2 table-  
spoons butter, 2 tablespoons flour, 4 cups scalded milk,  
 $\frac{1}{2}$  cup cream, a few gratings nutmeg, salt and pepper.

Put the mushrooms in a stew pan with 1 tablespoonful butter, a few gratings of nutmeg, salt and pepper, and 1 cup of water; cook over a good fire 20 minutes then pass through a coarse sieve. Cream 1 tablespoon of butter with 2 table-  
spoonfuls of flour, add this to 4 cupsfull of scalded milk. When this thickens to a thin cream add the mushrooms, just before serving adding  $\frac{1}{2}$  cup of cream.

## WINE SOUP

**B**EAT the yolks of 6 eggs with 1 cup of sugar, add 2 table-  
spoons of flour, 1 bottle of white wine, an equal amount of hot water and 3 slices of lemon without seeds. Put in double boiler over fire and beat constantly with egg beater. It must not boil as the soup would curdle. To garnish the soup, beat the whites of the eggs with plenty of sugar, add this by spoonfuls to make it look like little dumplings and top each off with a dash of cinnamon. This quantity will serve from 8 to 10 people.

## STSCHI

### A Russian Soup

**O**NE cabbage, 2 onions, 2 leeks, 2 lbs. beef brisket well  
scalded, 2 spoonfuls sour cream, 2 spoonfuls of flour and  
2 of consomme. Cut up the cabbage, heat in butter and



moisten with 3 tablespoons of stock. Add the beef brisket, cut into large dice and cook  $1\frac{1}{2}$  hours. Chop up onion and parsnips in small dice adding 2 tablespoons of sour cream. Add this mixture to the soup about  $\frac{1}{2}$  hour before serving. Small buckwheat cakes are served with it.

## **BURAKI**

### **Russian Soup**

**C**UT in cubes 4 or 5 lbs. of fat beef in enough water to make a good bouillon and boil it well. Cut some raw beets into small thin slices about an inch long, chop some onion and with a tablespoon of butter stew them until tender and somewhat brown; add to the beef bouillon 1 spoonful of flour mixed with 2 spoonfuls of vinegar, the beets and onion and let all this cook in the oven until the beets and beef are quite tender. It should be closely covered. Sausages and some pieces of ham may be added if wished. Before you serve the bouillon, add some sour cream.

## **LENTIL SOUP**

### **French**

**S**OAK over night 1 cup of lentils; the next day boil them until tender enough to pass them through a sieve with 2 onions, 2 carrots, 2 leeks, 1 quart of water, 1 desert spoonful of salt. Cut some slices of bread and place them in the bottom of a tureen and pour over them a little olive oil. When ready to serve pour the strained soup over the slices of bread.

## **BLACK BEAN SOUP**

### **Russian**

**S**OAK 1 cup of black beans in cold water several hours. Pour off the water and boil in 1 quart of fresh water until soft enough to rub through a strainer, if it boils away, add more water to cover them. There should be about 1 pint when strained. Add the same quantity of stock or water and put on to boil again. When boiling, add 1 tablespoonful of corn starch wet in a little cold water and cook 5 to 8 minutes.

Season with salt, pepper, a little mustard, juice of 1 lemon, or wine ; serve with fried bread cut in little squares and slices of hard boiled egg or lemon.

## BANGOR HOUSE FISH CHOWDER

**F**OUR lbs. of fresh cod or haddock, 2 onions, 6 potatoes,  $\frac{1}{4}$  lb. of salt pork, salt, pepper.

Put the onion and potatoes, sliced in layers in a kettle, then a layer of fish until all is used. Fry the pork, cut in small pieces, brown, take the fat and pour over all. Cover with boiling water and cook 20 minutes. Then mix 2 spoonfuls of flour with a cup of cream, stir into the boiling chowder, boil up and serve.

Clams may be substituted for fish.

## ROAST OYSTERS

**A**RRANGE the oysters on the half shell in a pan of coarse salt ; squeeze a little lemon juice over each ; then sprinkle with a very little fine buttered breadcrumbs ; place on each bits of butter the size of a pea. Put under the grill until lightly browned. The flame must be over the oysters and care taken that they are not over cooked

A. A. B., Chef, Mount Royal Club.

## RAIE AU BEURRE NOIR

**B**OIL a piece of skate slowly in well salted water ; when done, remove the skin and sprinkle with some blanched, that is, parboiled, capers, then pour on a good quantity of butter which has been well browned in a frying pan ; then pour over this dish a little boiling vinegar ; shake the platter once to mix the sauce together.

It may not be commonly known that the skate so neglected in this country takes very well the place of the delectable raie of Europe.

H. S., Chef, Ritz-Carleton Hotel.

## SALMON TIDNISH

**S**CRAP the fish and wash it then rub in a tablespoon of salt; place the fish in a baking pan; score it across 4 or 5 times. Mix 1 cup fine breadcrumbs, dessert spoon of minced parsley,  $\frac{1}{8}$  teaspoon whole black pepper ground, 2 dessert spoons of salt, milk to moisten well, rub over the fish and put good sized lumps of butter in the gashes. Cover the bottom of pan with milk and put in a rather hot oven, basting every 10 or 15 minutes with the milk, which must be renewed in the pan often. When cooked lift from the pan onto a tin sheet, then slide carefully into the dish on which it is to be served; garnish with lemon and hard boiled eggs, the gravy in the pan served with it. A piece of Halibut may be cooked in the same manner.

H. L.

## AUBERGINE AUX CREVETTES

**O**NE egg plant, scoop out leaving shell about half an inch thick, parboil the aubergine for ten minutes, chop, season with salt and pepper to taste, cut up an onion, brown in butter, add one cup chopped, cooked, shrimp meat, fry for five minutes, then add egg plant, cook all together for ten minutes more. Just before you take up break an egg and stir in. Crumb four slices stale bread, fill shell with mixture, cover with bread crumbs dotted with butter and brown in oven.

## ST. JAMES'S CLUB SPECIALITY

### Lobster Beaugency

**B**OIL a medium sized Lobster for 20 minutes, cool it off, split it in two. Remove flesh from shells and cut it in dice. Fry in butter, add a glass of sherry and boil down. Add 2 tablespoonful of cream sauce and  $\frac{1}{2}$  pint of cream, let it boil slowly for 10 minutes; in the meantime have 2 yolks of eggs, a few spoonsful of cream, an ounce of butter, mix slowly with the lobster and season to taste. Fill shells with this preparation and bake in oven.

A. O., Chef.



## SCALLOPS EN BROCHETTE

**A**LTERNATE scallops and thin slices of bacon on skewers ; place upright on the rack in the oven ; bake until the scallops are well browned. Serve on slices of buttered toast.

## FILET OF SOLE FLORENTINE

**A**FTER removing the skin put the fish in a plate with a slice of onion, a little parsley and a spoonful of butter,  $\frac{1}{2}$  cup of white wine, salt, pepper, and cook for 10 minutes slowly ; when cooked remove the fish, take a long porcelain dish in which you lay some boiled spinach fried a moment in butter with a suspicion of minced onion. Put the fish on top of this spinach, add the juice of the fish in the plate to a good white sauce, a spoonful of grated cheese, a pinch of cayenne and cover the fish with this sauce, put in oven, brown nicely and serve in same dish.

Any fine white fish may be similarly treated.

H. S., Chef.

## SALMON TERIYAKI

Japanese

**M**IX well together  $\frac{1}{2}$  cup of Japanese Shoyu, and 1 tablespoonful of Mirin ; put a salmon on the grill and when nearly done spread the sauce on the salmon with a brush freely, then put back on the grill and cook until it browns. When that side is done, cook the other side the same way.

Note—Japanese Shoyu, is made of wheat and beans ; It may be obtained in New York or in any city where there is a large Japanese Colony. Mirin is cooking wine and they are most important ingredients for Japanese cooking ; Chinese sauce may be used instead of Shoyu which may be obtained at any Chinese restaurant : Sauterne may be used instead of Mirin in which case add 1 teaspoonful of sugar.

Ill.

## FILET OF SOLE MARGUERY

**P**LOACH the fillet of sole or flounder in fish stock ; pour over the dish a rich white wine sauce garnished with shrimps and mussels and glaze in a very hot oven.

A. L., Chef, Windsor Hotel.

## CREAMED FISH

**O**NE and a half cups flaked halibut, or any cold boiled fish can be used ; 2 cups milk,  $\frac{1}{4}$  cup butter, 1 tablespoon flour, bit of bayleaf, dash of mace, sprig of parsley, 1 small onion,  $\frac{1}{3}$  cup of buttered bread crumbs, salt, pepper, 1 tablespoon sherry wine.

Scald the milk with onion, bayleaf, mace and parsley, remove seasonings, melt butter, add the flour, salt, pepper and gradually the milk. Put the fish in a deep buttered dish (or in individual dishes). Pour over the sauce and cover with the buttered crumbs. Just before taking from the oven make an opening in the crust of crumbs and put in a tablespoon of sherry.

## HADDOCK MOBILE

**B**ONE a good sized haddock and cut in pieces 4 inches square, place them side by side in a deep buttered pan, add salt and pepper ; arrange 1 lb. of tomatoes, cut in thick slices on the pieces of fish, cover with a thick layer of biscuit crumbs, put good sized lumps of butter at frequent intervals on the crumbs, baste it often with  $\frac{1}{4}$  of a cup of butter in a cup of water. Serve with a thin tomato sauce.

A. A. B. Chef.

## MOUSSELINE OF FISH

**O**NE lb. of raw Hadlibut chopped very finely (any firm white fish can be used).

Whites of 4 eggs beaten stiff, 1 cup of bread crumbs, very fine, 1 cup of cream,  $\frac{1}{4}$  lb. of almonds cut in fine strips, a pinch of mace, a little bit of onion juice or if preferred  $\frac{1}{4}$  teaspoonful of lemon juice, salt and pepper. Steam in a mould

or bake in a pan of water or in individual moulds for  $\frac{3}{4}$  of an hour. Serve with a rich cream sauce or lobster sauce.

This is good cold in summer with a cucumber sauce or light mayonnaise.

## KEDGAREE

**P**UT 1 oz. of butter in a stew pan, when melted, add 4 oz. of boiled rice (cold), stir for a minute, then add 8 or 10 oz. of cooked white fish which should be flaked and free from bones, then add any kind of fish sauce with the cut up whites of 2 eggs hard boiled, and when quite hot, pile on a hot dish and sprinkle over it the 2 yolks of the eggs which have been passed through a sieve.

This is a good breakfast dish.

## RUSSIAN PIROG KULBAK

**D**ISSOLVE in a pint of tepid salted water, 1 yeastcake mix with enough flour to make rather a stiff dough and let it rise until double its size. Then add 2 eggs,  $\frac{1}{2}$  lb. of butter. Knead thoroughly. Put the paste in a warm place and let it rise again to double its size; roll out about  $\frac{1}{4}$  inch thick and put in a buttered pie dish; cover with cold boiled rice, then thin slices of smoked roe or smoked fish; sprinkle over some pepper and nutmeg, the other half of the dough is to be lapped over the filling and in giving to the Pirog the form of a loaf close the edges with the white of an egg. When closed spread it over with beaten egg and with bread crumbs and bake it a light brown.

## CARBONADE FLAMANDE

**I**N 1 tablespoonful of good drippings brown 2 lbs. of round steak (or any good part of the beef). Remove the steak and then brown 6 chopped onions in the same fat. Replace the steak in the cassorole, add 1 small clove of garlic, salt and pepper. Cover over with 1 or 2 slices of bread that have been spread with French mustard. Add  $1\frac{1}{2}$  cups of water and



cook, closely covered, slowly, 3 or 4 hours. Just before removing from the oven, add 1 small dessertspoonful of vinegar and 1 teaspoonful of sugar to the gravy, also a little cream is an improvement.

H. D.

## BLANQUETTE OF VEAL

French

**T**AKE 3 lbs. of veal, cut it in squares (about 2 inches). As this dish is supposed to be very white, it is sometimes soaked half an hour in tepid water. Put the pieces of veal into a sauce pan ; cover with water ; add a large pinch of salt, let it boil, skim. Add 1 onion stuck with cloves, 1 carrot cut in half, a cupful of white wine, a bouquet of laurel thyme, parsley, and cook half an hour. Strain the meat and save the stock.

With 2 oz. of butter and 2 oz. of flour make a white sauce ; moisten it with veal stock, stir over the fire. The sauce must be perfectly smooth and not thick. Add the meat without the vegetables, continue to cook it until the meat is tender. The sauce should be reduced by one half. Thicken at the last moment 3 yolks of eggs, 1 oz. of butter, the juice of a lemon. Arrange the meat on the dish with the sauce.

This dish is sometimes garnished with small round balls of veal made of raw minced veal seasoned with salt, pepper and fried in butter, the balls only as big as marbles.

## BLANQUETTE OF CHICKEN

French

**O**NE cold cooked chicken or fowl, 4 fresh mushrooms, the yolks of 2 eggs, 1 pint of chicken broth, salt and pepper to taste. Peel the mushrooms, cut them into pieces and simmer in the broth until tender. Add the chicken sliced into thin delicate pieces. Cook gently until heated when the beaten yolks of the eggs should be stirred in gradually. As soon as the sauce is smooth and creamy, season with salt and pepper and a few drops of lemon juice.

## DUCK ST. ALBANS

English

**R**OAST a fat duck. When cold carve the breast in thin slices. Lay these carefully aside. Break off the breast bone and then cover the carcass smoothly with the Liver Farce. Replace the sliced fillets using a little of the farce to bind them back into place on the duck. Coat the whole well with half setting of aspic jelly.

Farce:—1 lb. of calves liver, 2 ozs. of butter, 1 slice of bacon, 2 slices of onion, 1 carrot sliced. Fry these carefully and pound in a mortar. Pass through a wire sieve. Then put in a basin and whisk in  $\frac{1}{2}$  pint of aspic jelly and a small teacupful of very thick cream. Season with cayenne pepper and salt. Grape fruit and orange salad is served with this.

## BONED TURKEY

English

**R**ONE a raw turkey spread it flat on a board, season and cover with good fresh sausage meat. Lay a well boiled tongue down the center and 2 long strips of fat bacon or ham, almonds, hard boiled egg, season and sprinkle over a tablespoonful of brandy. Roll up carefully, taking care the various strips do not get displaced. Tie firmly in a greased cloth and sew up. Boil gently 2 hours for a large fowl and  $2\frac{1}{2}$  hours for a turkey. When boiled the cloth may want to be tightened a little. Lay a light weight on the top and when quite cold glaze with meat glaze and then a good coating of half set aspic. Decorate with chopped aspic.

## A DISH OF AUVERGNE

Chicken and Cabbage

**P**UT about  $\frac{1}{4}$  of a lb. of salt pork, cut in slices, in the bottom of a kettle; when a little melted put in a fowl or a chicken or a partridge stuffed as if for roasting. Put in 1 large clove of garlic and 3 large onions sliced, salt and pepper. Dredge it with flour, put in a little water and cover closely. Dredge and baste the fowl every 15 minutes, adding water

each time. Have a cabbage ready cut into four pieces and put in the kettle 1 hour before the fowl is cooked. A fowl will take not less than 3 hours and allow 2 hours for a chicken.

## LEG OF MUTTON PIE

Canadian

**B**UTTER a pie dish, place in the bottom a few slices of fried salt pork and then slices of mutton cut from the leg; on top of this, lay slices of cooked potatoes, season each layer with salt and pepper, minced parsley and onions fried in butter; pour over some clear gravy. Moisten the edge of the dish, lay a narrow band of paste, moisten and cover the whole with puff paste, bake in moderate oven 1 hour and 20 minutes.

A. A. B. Chef.

## RUSSIAN STEAKS

**C**HOP 1 lb. of round steak or any good part of the beef, season with salt and pepper. Add by degrees with a wooden spoon  $\frac{1}{4}$  lb. of butter. Roll into flat balls and place in a very hot frying pan. Give 3 minutes to each side.

Serve with the following sauce: Mix together 2 table-spoonfuls of oil and 1 of butter,  $1\frac{1}{2}$  table-spoons flour, add 2 teaspoonsful of onion juice, 1 teaspoonsful of grated horse radish  $\frac{1}{4}$  teaspoonsful of mixed mustard, salt and pepper, then gradually  $1\frac{1}{2}$  cups stock (one can use water instead) and cook 3 minutes, then take from the fire and add  $\frac{1}{4}$  of a cup of cream and 1 teaspoonsful of lemon juice.

### Another Russian Method for Beef Steaks

**C**UT the steaks thin, season them with salt and peprika. Colour the steaks in 2 oz. of butter, but they must not be completely cooked. Chop up finely 2 onions, place half of the onion in a casserole that can be sent to table. Arrange the steaks upon it. Sprinkle them with the remainder of the onions. Throw the gravy from the pan, with stock or water added, to allow the steaks to be half covered. Cook in the oven 1 or 2 hours in tightly covered casserole. Before serving pour over 1 cupful sour cream.



## BAKED HAM

York Fashion

**S**OAK over night ; in morning scrub it and trim away any rusty part ; wipe dry ; cover the ham with a stiff past of bread dough an inch thick and lay upside down in the dripping pan with a little water ; allow in baking 25 minutes to the pound ; baste a few times and keep water in the pan. When a skewer will pierce the thickest part plunge the ham for 1 minute in cold water ; remove the crust and outside skin, sprinkle with brown sugar and fine cracker crumbs and stick with cloves and brown in the oven. Serve with a mustard sauce or white wine sauce if eaten hot.

## RILLETTES DE TOURS

Cretons Canadiens

**T**HREE lbs. shoulder of fresh pork, 3 lbs. cutlets of pork, 1 fillet of pork, 2 sheeps kidneys, 2 lbs. of kidney fat, 1 pint of water, 3 tablespoons of salt, pepper. Chop the meat into small dice, mince the fat and kidneys very fine ; let all boil gently for 4 hours. About  $\frac{1}{2}$  hour before removing from the fire, add 1 teaspoonful of mixed spices and  $\frac{1}{4}$  lb. fresh mushrooms cut in large pieces. Line a mould with half set aspic ; when set, pour in the mixture, pour over more aspic.

This is excellent for a cold supper or can be used as *pâté de foie gras*, and it may be moulded in buttered dishes without the aspic.

## A SERBIAN DISH OF RICE AND MUTTON

**C**UT 5 onions very fine, bacon in thin slices,  $\frac{1}{4}$  of a lb. put into a deep pot to cook until the onions are a golden brown, add 2 lbs. of lamb or mutton cut in small pieces, add salt, pepper and 3 pimentos ; just cover the meat with water and cook gently about an hour, then add  $\frac{1}{2}$  cup of rice ; cover tightly and let it stew 20 minutes more.

## INDIAN CURRY

**M**OST of the curry powder or paste to be found in this part of the world is a mixture of  $\frac{1}{4}$  of dried chilli,  $\frac{1}{4}$  corriander,  $\frac{1}{2}$  dagatafolium; but the native curry cook uses a much larger variety of spices and likes to grind them himself fresh daily between two stones. The spices commonly used are:

Red chilli (roasted)	Dagatafolium
Corriander seed (roasted)	Carraway seed
“ “ (fresh)	Yellow Pimentos
Cinnamon	Red Pimentos
Nutmeg	Cardamon seeds
Baked Garlic	Curcuma (saffron root)
Scraped cocoanut	

A. A. B. Chef.

## A FRICASSEE OF CHICKEN

### Ceylon Style

**C**UT 2 good sized chickens in 8 pieces. Season with salt and pepper; put in a sauce pan with about 1 quart of cocoanut milk; add to this a little cinnamon,  $\frac{1}{4}$  teaspoon fresh corriander,  $\frac{1}{4}$  teaspoon of powdered saffron, a little red pimento and boil until tender; at the last minute thicken the sauce with 4 yolks of eggs mixed well with  $\frac{1}{2}$  pint cocoanut cream; keep hot but do not boil as the richness of the ingredients would make it curdle. As this curry is not hot it is served with a sambo which consists of small dishes on one tray containing such savories as plain scraped cocoanut, pimento paste and chopped onion with a red pepper sauce.

To obtain cocoanut cream, use the same process as that for ordinary cream; — as for the milk, have 3 fresh cocoanuts scraped very fine to which you add 3 pints of water, stir together for a few moments, then strain; let this milk stand for 3 hours to obtain the cream.

A. A. B. Chef.

## A SIMPLER INDIAN CURRY

**ONE** lb. beef, mutton, fish or vegetables, as desired. 1 tablespoon curry powder, 1 heaping tablespoon butter, 1 onion,  $\frac{1}{2}$  fresh cocoanut, juice of half a lemon, salt to taste. Curry powder to be mixed in two ozs of water. Onion to be finely chopped. Cocoanut to be scraped and soaked in a teacup of boiling water, then squeezed, and the milk (or the liquid) to be put in the curry. First cook butter, till it bubbles, put in the onion and let it brown, add the curry powder, and let that cook a few minutes, if it gets too dry, and seems as if it would stick to the pan add a little hot water. Then put in the meat (raw), cut in small pieces, fish or vegetables and fry them, add salt, and if dry, add a little more water, let all simmer till meat is thoroughly done, when about half done, add the cocoanut milk and the lemon juice.

If not convenient to use the cocoanut milk, ordinary milk can be used, and the mixture thickened with a little flour. Cocoanut milk thickens without flour. When the butter separates and shows itself in the gravy, the curry is ready for serving. Curry should be served with plain boiled rice. Pass rice first, then curry. Eat with fork and spoon, according to Indian fashion, though the real Indian eats with fingers, making the rice in small balls and mixing with the curry.

If Indian Chutney is served with curry it is a great addition. A banana can be cut up in pieces about half inch thick, and added to the curry mixture while cooking, and is a great addition to the flavour.

## ANOTHER CURRY SAUCE

**CHOP** 1 onion and 1 apple and cook them in 1 oz. of butter about 10 minutes, but do not let them brown. Add 1 dessert spoonful of mild curry powder, the grated rind and juice of  $\frac{1}{2}$  a lemon,  $\frac{1}{2}$  pint of water or stock, some salt and 1 tablespoonful of seedless raisins, and simmer until the onion is quite tender. Unless added to rice or paste put in 1 desert-spoonful of flour after the onion and apple have cooked about 10 minutes.



# MACARONI WITH CHEESE

## Italian

**I**NTO 2½ quarts of boiling water, well salted, throw ½ lb. of macaroni broken up into pieces. Let it boil 25 minutes, then drain it upon a sieve; replace in a stew pan with 3 oz. of fresh butter cut in small pieces, 2 oz. of grated cheese and a pinch of pepper, mix all with a fork. The macaroni must not be broken, if too dry add ½ cup of cream. Serve hot.

Note: Macaroni should be tender but not pasty; it should possess a certain crispness; obtain this by passing cold water over it when it is in the sieve and quickly returning it to the sauce pan.

# MACARONI

## Milanaise

**B**REAK up ½ lb. Macaroni into pieces about ¼ of an inch long. Boil in salted water 25 minutes. Drain on a sieve, put it back in the stew pan with a cupful of tomato sauce and 2 oz. of ham cut into dice. Let it simmer a few minutes then add 2½ oz. of butter and the same of grated cheese.

## TOMATO SAUCE

For the tomato sauce, cut in two 5 or 6 tomatoes, squeeze out the seeds, put in a stew pan with 1 cup of stock. Salt and pepper, a bit of tarragon, laurel, thyme, parsley and a chopped onion and a dash of cinnamon. Cook until the moisture has disappeared, then pass through a sieve. Prepare a white thickening with 1 oz. of butter, the same of flour. Add the puree of tomatoes to it; thin the sauce with stock. Let it cook 10 to 15 minutes and finish with a pinch of sugar and 1 oz. of butter.

## LENTIL CROQUETTES

A Serbian Dish

**P**UT in cold water  $\frac{1}{2}$  a cup of dried beans or lentils and let soak over night. Boil them  $1\frac{1}{2}$  hours or until tender. Pass them through a sieve; add  $\frac{1}{3}$  of a cup of fine bread crumbs and 3 tablespoons of cream or butter, 1 egg, a grated onion, a pimento chopped, a little mace or nutmeg, 1 teaspoon of salt and a pinch of cayenne. Make into croquettes and roll in bread crumbs, then beaten egg and bread crumbs and fry in oil or butter. If baked in the oven in a loaf, baste occasionally with oil or butter.

This is a nourishing substitute for meat.

## RICE

Risotto

**C**LOUR for an instant in butter a chopped onion, add to it  $\frac{1}{2}$  lb. of rice; stir an instant over the fire until it begins to frizzle, but do not colour; add stock to 3 times the quantity of rice, a cupful of tomato sauce, a pinch of saffron, one of pepper, let it boil, cover the sauce pan and let it cook by the side of the fire for 20 minutes. If the rice becomes dry before it is sufficiently tender add a little more stock. Place the sauce pan on the corner of the stove away from the hot fire, then add to the rice 2 oz. of grated Parmesan cheese, the same amount of butter. Arrange the rice on a dish and pour over it some good gravy and serve very hot.

The brown rice now procurable in most large cities is liked by gourmets cooked in this manner and served with partridge and other game.

## RISOTTO MILANAISE

**F**RY a tablespoon of minced onion in a good bit of butter; when slightly browned, add 4 or 5 tomatoes and 1 pimento; after cooking pass through a sieve and replace in the casserole with pepper, salt and a dash of cinnamon, 2 or 3 chicken livers or some beef cut into small pieces. Add 1 cup of rice and 1 qt. of stock or, lacking stock, water will do; boil until the rice is tender when add  $\frac{1}{4}$  lb. of cheese grated.

## RAVIOLI

**P**REPARE a paste made of  $\frac{4}{5}$  of a lb. of flour, a pinch of salt, 5 eggs, 2 spoonsful of water. Cover with a cloth and let stand at least 15 minutes. Make a farce with cooked chicken or veal minced—about 2 cups—1 tablespoonful of finely minced cooked ham,  $\frac{1}{2}$  of a calf's brain cooked, yolks of 2 eggs, a dash of nutmeg, 1 dessertspoon of grated Parmesan cheese. Take  $\frac{1}{2}$  the paste, roll out thin into a large square; place a ball of the farce every  $2\frac{1}{2}$  inches apart about the size of a walnut, moisten with a brush the paste between the balls of farce. Roll the rest of the paste and place it over the farce; press edges together and between each ball. Cut with a round cutter or into squares as preferred and cook in boiling water 7 or 8 minutes, drain them and sprinkle with grated Parmesan cheese. Put on a dish and pour a tomato sauce around them.

## TOMATO SAUCE

Italian

**T**AKE 3 chopped challots, put them in a stew pan with a tablespoonful of olive oil, salt, pepper, a dash of ground ginger, a very little ground nutmeg. Let the challots take a good colour without burning; add 6 tomatoes skinned and all the pips well squeezed out. Let them cook very gently until all the moisture has disappeared. They should take the consistancy of jam.

This sauce may be eaten hot or cold.

## EGGS ROMANOFF

**O**VER hard boiled eggs with a stiff mayonnaise. Put a little highly flavored aspic jelly in the bottom of individual moulds. When the jelly is firm add a spoonful of caviare and place the mayonnaised egg on the top. Pour in more jelly. When it is cold turn from the mould and serve on a garniture of lettuce. This is good for a cold supper.



## OEUFs POCHÉS IVANHOE

**C**OOK a piece of Finnie Haddie in milk, then add 2 table-spoon of sauce mornay (a good cream sauce) with a few fresh mushrooms, salt, pepper, a bit of cayenne and 1 table-spoon of Parmesan cheese. Put this through a fine sieve and and in nests of this paste on slices of toast, slip poached eggs. Sprinkle with grated cheese and place for a moment in a hot oven to glaze.

J. T. Chef, Engineers Club.

## BAKED EGGS AND COD FISH

**S**HRED  $\frac{1}{2}$  cupful of salt cod fish, soak it in tepid water about 20 minutes ; put in sauce pan with enough milk to cover, let it simmer about an hour, add 1 gill of cream (or milk with a lump of butter) to the fish. Mix a level teaspoon of flour with 2 tablespoons of cold milk and stir into the fish ; cook about 10 minutes then add the whites of 2 eggs beaten stiff.

Pour this into a dish, break eggs carefully and slip onto the creamed fish, add salt and pepper and bake until the whites are set in a hot oven.

## MOSKVA CHEESE CAKES

**T**HINE tartlet moulds with short paste. Take 2 tablespoons of thick white sauce, well seasoned, add a good pinch of cayenne pepper, bring it to a boil, add 2 yolks of eggs, 4 tablespoons of grated cheese. Again bring to a boil and remove from the fire, add 1 white of egg beaten stiff. Fill the tartlet moulds with this mixture, put in a hot oven for 10 minutes, serve immediately.

H. S. Chef.

## CHEESE PUFFS

**B**RING to a boil  $\frac{2}{3}$  of a cup of water,  $1\frac{1}{2}$  oz. of butter, a pinch of salt, a pinch of pepper, then add  $\frac{1}{4}$  of a lb. of flour and stir to a smooth paste, then stir in, one at a time, 3 eggs,  $3\frac{1}{2}$  oz. of grated cheese (Parmesan preferred). Add  $\frac{1}{4}$  teaspoon English mustard ; when all is well mixed, drop by table-spoonsful on a baking tin and place on top of each a slice of Gruyère cheese. Put in a moderate oven increasing the heat gradually. Cook from 15 to 20 minutes. Serve hot.

## STUFFED OLIVES

**S**TUFFED Olives on a small Tomato or piece of Cucumber.

Stuff the Olive with hard boiled yolk of egg ; season with little anchovy paste and pepper ; chop the white of the egg and lightly put it on top of the olive.

These may be served on thin toast cut in small rounds and spread with anchovy paste.

## LETTUCE SALAD

**O**NE spoonful of thick mayonnaise,  $\frac{1}{2}$  spoonful of Chili sauce, a little finely hashed pimento, a little finely hashed chives, add a little Taragon vinegar, a little A.I. sauce, and a little paprika.

Cut a firm head of Tennis Ball lettuce in 4 parts. Put one part on a plate and pour the dressing over it. This recipe is enough for 1 person.

## SANDWICH DRESSING

**C**REAM  $\frac{1}{2}$  lb. of butter and add to it 1 dessertspoonful of mixed mustard, 3 tablespoons of olive oil, a little salt, and the yolk of 1 egg, one may add to this  $\frac{1}{4}$  cup very thick cream. Mix thoroughly and set away to cool. Spread the bread with this mixture and put in very finely chopped ham, or chicken and celery, or cream cheese and chopped nuts, or green peppers and mustard and cress, or lettuce, or "Indian Relish", or Cucumber, or Tomato or anything else you happen to have and may like.

## SALAD DRESSING

**For Grape Fruit or Orange**

**M**IX well 2 tablespoonsful of Escoffier Sauce Diable and 1 tablespoonful of Escoffier Sauce Robert and then add olive oil, a little at a time. When it becomes thick, season with salt and pepper and vinegar.

Illi.

## CHEESE DRESSING

**O**NE quarter of a lb. of Roquefort cheese and 2 tablespoons of thick cream mixed to a smooth paste ; stir in, little by little, enough olive oil to give the consistancy of mayonnaise ; season with Tarragon vinegar, salt and pepper. This is especially good for string beans, lettuce or endive. One may fill celery stalks with this dressing made into a thick paste.

## POTATO CAKES

Russian

**P**EEEL and grate 6 raw potatoes, season with salt and pepper, 1 egg. Mix all together. Drop onto a well buttered griddle spoonful of the mixture, leaving space between to flatten them ; continue to add a little butter to the griddle. Cook a golden brown on both sides. Arrange in a crown on a dish with a sprig of parsley in the center.

## PETITS POIS

**F**RY some finely shredded onion in about a tablespoonful of oil, with salt, pepper and a sprig of taragon. Lay the heart and best leaves of a lettuce at the bottom of a stew pan with a quart of very young peas. Add a pint of stock. Stew gently ; a little sugar is always an improvement to peas.

## STRING BEANS

**C**UT off the ends, slice in three parts, cook them until three quarters done, then put them into cold water and dry them. Cook an onion in butter and put the beans into this pan and simmer half an hour. Shake at intervals but do not stir them. Take out and pour over a little stock thickened with a very little flour and cream.

Peas may be done the same way.



## RED CABBAGE

Flemish

**C**HOP 4 onions and cook in 1 tablespoonful of butter, add 1 large red cabbage chopped. Cover this with 6 chopped apples, next add 1 tablespoonful of rice, 2 cups of water, 1 dessertspoonful of vinegar, 1 teaspoonful of sugar, 1½ teaspoonsful of salt, pepper. Do not stir but cook slowly 4 hours or longer removing the cover occasionally to let out the steam.

H. D.

## GLAZED ONIONS

**B**OIL onions in water until they are half cooked, then strain. Put them in the stew pan with a piece of butter, a pinch of powdered sugar, salt, and a cupful of stock; let them finish cooking. The liquid will be reduced and the onions coloured. Young carrots are glazed in the same way.

## PIROG OF MUSHROOMS

**B**OIL mushrooms until they are tender, chop them and mix them in the pan with butter pepper and salt. Roll out the paste, put on one side of the dough cold boiled rice, then the mushrooms, hashed meat of boiled veal, chopped hard boiled eggs, chopped onions, pepper, salt and nutmeg. When filling is placed on half of the dough lap the other half over it, close the edges with the white of an egg, spread over some beaten egg and bake in the oven light brown.

## PASTE TO RUSSIAN PIROG

**O**NE cup of milk, 3 eggs, 1½ cups of butter, a little salt mixed with flour to make a soft dough. Knead it thoroughly, first with hands and then half an hour more with a wooden spoon.

## PAN CAKES

French

**P**UT 1 teaspoonful of flour and 1 teaspoonful of sifted sugar into ½ pint of cream or rich milk. Beat 3 eggs separately, then beat together with the cream. Bake in a quick oven in 3 large saucers. When out of the oven, put any jam or marmalade in between, one layer on top of the other.

## CRÊPES SUZETTE

**O**NE lb. of flour, 5 ozs. of powdered sugar, a pinch of salt, 10 eggs; work this well together; add  $\frac{1}{4}$  pint of cream,  $\frac{1}{2}$  pint of milk, 2 spoonful of whipped cream, a liqueur glass Curaçoa and a few drops of essence of mandarines. 3 or 4 tablespoons of this mixture are enough for one pancake. Cook in a pan and when brown on both sides put in a hot covered dish.

### SAUCE FOR CRÊPES SUZETTE

**C**REAM  $\frac{1}{4}$  of a lb. of butter, add  $\frac{1}{4}$  lb. of powdered sugar, 3 liqueur glasses of Curaçoa, 1 liqueur glass of essence of mandarines, the juice of  $\frac{1}{2}$  a lemon, and  $\frac{1}{8}$  of an oz. of hazelnut milk (Noisette de beurre d'aveline).

Put one spoonful of the sauce in a chafing dish, and when the sauce is hot, put in a pan cake, fold it over twice, turn it in the sauce and serve very hot. Prepare each pan cake separately in this manner.

## KISEL

Russian

**T**HREE cups of any kind of fruit syrup, add a little water if syrup is very thick, sugar and vanilla according to taste,  $\frac{1}{2}$  cup of potato flour. Mix these ingredients and cook in double boiler until a very thick cream. Served hot or cold with cream and powdered sugar.

## BLINNI

Russian

**M**IX together  $2\frac{1}{2}$  cups of tepid milk, 4 cups of flour with  $\frac{1}{2}$  a yeast cake and put in a warm place to rise 6 or 8 hours. One hour before cooking add 2 cups of warm milk and 1 tablespoon of salt. Fry like ordinary pan cakes. Serve very hot one on top of the other, well buttered.

With Blinni smoked salmon or caviare is usually served.

## CARROT PUDDING

**M**IX 1 cup of grated carrots, 1 cup of bread crumbs, 1 cup of minced suet, 1 cup of currants, 1 cup of chopped raisins, 1 cup of flour, 1 cup of milk, 1 teaspoon of salt,  $\frac{1}{4}$  of a teaspoon soda. Steam 4 hours, the longer the better.

Serve with the following sauce:  $\frac{1}{4}$  cup of butter, 1 cup of powdered sugar,  $\frac{1}{2}$  cup of cream, 2 tablespoons of sherry or 1 teaspoonful of vanilla. The butter must be worked soft before adding the sugar gradually, then the cream and flavoring, little by little, to prevent separating.

## OLD ENGLISH PLUM PUDDING

**T**WO lbs. raisins stoned, 2 lbs. currants.  $1\frac{1}{2}$  lbs. Sultanas, 1 lb. mixed peel chopped fine, 2 lbs. brown sugar, 2 lbs. breadcrumbs, 2 lbs. chopped suet,  $1\frac{1}{2}$  lemons grated with the juice, 4 ozs. chopped almonds blanched, 2 nutmegs grated,  $\frac{1}{2}$  teaspoon of mixed spice,  $\frac{1}{4}$  teaspoon crushed clove, pinch of salt, 6 eggs whisked,  $\frac{1}{4}$  pint (generous) brandy.

Method:—Mix all together thoroughly, boil 12 hours, the longer the better on first day and 2 hours just before serving. This is the secret for making it black and light. This makes about 1 two quart and 5 one quart puddings. This recipe makes excellent plum cake, black and rich, by substituting flour for the crumbs and lard for suet.

## BANANA TRIFLE

**P**UT thin slices of bread and butter into a glass dish, then cut 3 or 4 bananas into round slices and place them on the top of bread and butter. Make a pint of sweet custard well flavoured with Madeira and pour over. Beat stiff  $\frac{1}{2}$  pint of cream and put on top of trifle when cold.

## CREAM TART

**M**AKE a puff paste and cut it into 3 round pieces ; it must be very thin with a few holes pierced to keep it from rising too high. Make a cream filling and spread over each piece, placing one on top of the other. On the top layer sprinkle chopped pistachio nuts (or any chopped nuts) on the cream as a frosting. Filling — Mix  $\frac{2}{3}$  of a cup of fine sugar with  $\frac{1}{3}$  of a cup of flour add the yolks of 3 eggs and 1 whole egg, 1 cup of scalded milk,  $\frac{1}{4}$  of a teaspoonful of salt, cook in double boiler 15 minutes. Add 2 tablespoons of butter 2 tablespoons of either coconut or almond macaroons, crumbed,  $\frac{2}{3}$  teaspoonful of vanilla, and  $\frac{1}{3}$  teaspoonful of lemon extract.

This may be put between simply two crusts, a bottom and a top and put in a pie plate.

## GATEAU POLONAIS

**P**ROPORTIONS : —  $\frac{1}{4}$  lb. of almonds,  $\frac{1}{4}$  lb. of sifted sugar, 2 tablespoons of orange water, 2 dessertspoons of water.

Pound the almonds, moistening them with the water and orange water ; mix in the sugar, take  $\frac{1}{2}$  lb. of puff paste, divide it into two parts one a little larger than the other. Roll the smaller piece to the thickness of  $\frac{1}{8}$  inch, lay it at the bottom of a round baking sheet, spread on it the almond paste to within  $\frac{1}{2}$  inch of the border, moisten the border ; roll the other piece of pastry to twice the thickness of the lower piece, place it over the almonds, join by pressing lightly on the edges of the two pieces of pastry ; brush over the top with yolk of egg. Bake in a good oven from 25 to 30 minutes ; an instant before taking out, powder some sugar on the top to glaze it.

## PETITS FOURS

**M**AKE an angel cake mixture of : whites of 8 eggs, 1 teaspoon of cream tartar, 1 cup of sugar,  $\frac{3}{4}$  cup of flour,  $\frac{1}{4}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon of vanilla. Beat whites of eggs stiff, add cream of tartar then add sugar gradually, vanilla ;



add flour well sifted and mix with salt. Bake in small individual tins. Remove a part of the top carefully from each cake and put it aside ; scoop out a little of the inside, fill with chocolate filling, replace the top and cover the cake with a white vanilla frosting, which one may decorate according to one's liking with nuts or angelica or violets.

### CHOCOLATE FILLING

**T**HREE squares of chocolate, 1 cup powdered sugar, 3 tablespoons of cream, yolk of 1 egg, 1 teaspoon of vanilla ; melt chocolate, add sugar, then cream, yolks of eggs ; cook in double boiler until well thickened, add vanilla. When partly cool put into the cakes. For white frosting : — to 2 tablespoons of cream add enough sifted confectioner's sugar to make a proper consistency to spread, add vanilla.

### DARK FRUIT CAKE

**M**IX together  $\frac{1}{2}$  cup of butter and  $\frac{3}{4}$  of a cup of brown sugar, then 2 eggs,  $\frac{1}{2}$  cup of molasses,  $\frac{1}{2}$  cup of milk,  $\frac{1}{2}$  teaspoonful of soda, 1 teaspoon of cinnamon,  $\frac{1}{2}$  teaspoon of allspice,  $\frac{1}{2}$  teaspoon of mace,  $\frac{1}{4}$  teaspoon cloves, 2 cups of flour,  $\frac{3}{4}$  cup of seeded and chopped raisins,  $\frac{3}{4}$  cup of currants,  $\frac{1}{2}$  cup of peel. Bake in moderate oven  $1\frac{1}{4}$  hours.

### ALMOND CAKE

**W**HITES of 10 eggs, 1 cup of flour,  $1\frac{1}{2}$  cups of sugar, 1 teaspoon of cream tartar ; method similar to Angel Cake and bake in 3 layers.

### FILLING

**Y**OLKS of 4 eggs, 1 tablespoon of sugar, 2 teaspoons of corn starch mixed in enough milk to moisten, 1 pint of cream. Heat the cream in a double boiler, then add other ingredients, stir constantly and do not let it thicken too much ; add a few drops of almond flavoring and  $\frac{1}{2}$  cup of chopped almonds.

## FROSTING

**W**HITE of 1 egg beaten stiff, 1 cup of sugar with enough water to melt it ; let it boil up once fast. Beat half of it into the egg, let the remainder boil thick, add together and beat to the right consistency ; flavor with sherry or madeira.

## QUEEN CAKES

**M**ELT 4 oz. of butter, then add 4 oz. of corn flour, 4 oz. flour, 6 oz. sugar, 3 eggs,  $\frac{1}{8}$  of a teaspoonful of lemon juice,  $\frac{1}{8}$  of a teaspoonful of lemon extract, 1 small teaspoonful of baking powder. Beat well for 10 minutes and then bake in well buttered patti pans in a warm oven.

## FRANCESCAS

**M**IX together 2 eggs, 1 cup of sugar,  $\frac{1}{2}$  cup of butter,  $\frac{1}{2}$  cup of flour, (scant), 2 squares of melted bitter chocolate and 1 cup of chopped (not too finely) walnuts. Bake on well buttered paper in moderate oven. Cut in squares while hot.

## OAT CAKES

Canadian

**C**REAM 1 cup of sugar with 1 tablespoonful of butter, add 2 cups of rolled oats, a few drops of bitter almond, 2 scant teaspoons of baking powder, then the yolks of 2 eggs, lastly the whites beaten stiff. Drop on buttered paper and bake until a good brown.

## VICTORIA SCONES

**T**WO cups of flour, 4 teaspoonsful of baking powder, 2 teaspoonsful of sugar,  $\frac{1}{2}$  teaspoon of salt, 4 tablespoonsful of butter, 2 eggs,  $\frac{1}{3}$  cup of cream.

Mix and sift together flour, baking powder, sugar and salt. Rub in butter, add beaten eggs and cream. Roll out on floured board  $\frac{3}{4}$  in. thick, cut out with a small biscuit cutter and brush over with white of egg. Bake in a hot oven 15 minutes.

## BRIOCHE DE LA LUNE

**D**ISSOLVE 2 yeast cakes in 1 cup of warm water ; mix this into  $\frac{1}{4}$  lb. of flour, a pinch of salt, 1 even tablespoon sugar and 2 pounded cardamon seeds. Put 2 dessert spoonsful of warm water in a bowl and place the dough in it and put in a very warm place to rise. Then work soft  $\frac{3}{4}$  of a lb. of butter and mix into it 8 eggs and  $\frac{3}{4}$  of a lb. of flour by degrees so that a smooth paste is obtained ; when the paste is smooth and shining add to it the yeast, butter and 1 dessert spoonful of cream.

Leave in gentle temperature 4 or 5 hours or until the dough has risen to twice its size.

Roll out on a board  $\frac{1}{4}$  of an inch thick, spread thinly with softened butter, then turn the edges over to the center to make 3 layers. Roll out  $\frac{1}{2}$  an inch thick. Cut into small squares. With a wet finger make a hole in the center of each ; into this hole put in a piece of the dough in the shape of a little pear ; brush the top lightly with the yolk of egg. Let it rise again and then bake in a moderate oven about 20 minutes.

## GORDON HIGHLANDER GINGERBREAD

**P**UT in a mixing bowl  $\frac{1}{2}$  a lb. of flour, 2 ozs. of brown sugar, 2 oz. peel,  $\frac{3}{4}$  of an egg or 1 small egg, well beaten,  $\frac{1}{2}$  teaspoonful of soda mixed with  $\frac{1}{4}$  of a cup of milk,  $\frac{1}{4}$  oz. each of ginger, mace, and cinnamon, then beat into this, slowly, 3 oz. of butter that has been warmed in  $\frac{1}{2}$  pint of molasses.

Bake very slowly in a tin lined with buttered paper.

## GINGERBREAD Gaspé Fashion

**M**IX together  $\frac{1}{2}$  cup of butter and  $\frac{1}{2}$  cup brown sugar, add 3 well beaten eggs,  $\frac{1}{2}$  cup of molasses,  $\frac{1}{2}$  cup of milk in which  $\frac{1}{2}$  a teaspoonful of soda has been dissolved, then  $2\frac{1}{4}$  cups of flour to which have been added  $\frac{1}{2}$  teaspoonful cinnamon,  $\frac{1}{4}$  grated nutmeg, and  $\frac{1}{2}$  cup of preserved ginger thinly sliced. Bake 1 hour in a moderate oven.

## SCOTCH SHORT BREAD

**B**EAT to a cream  $\frac{1}{2}$  lb. of butter and 1 lb. of flour and 5 oz. of sugar (fine), add 4 oz. ground almonds, mixing all thoroughly together. Roll out into 3 cakes about  $\frac{1}{2}$  inch thick. Ornament around the edges and prick the top with a fork. Bake in a moderate oven until a nice brown, about 20 to 30 minutes.

## CRAMIQUE

Belgium

**M**IX together  $\frac{1}{4}$  of a cup of sugar,  $\frac{1}{3}$  of a cup of butter, 1 cup of milk,  $\frac{1}{2}$  teaspoonful of salt, 1 yeast cake dissolved in  $\frac{1}{2}$  a cup of warm water, 2 pounded cardemon seeds and let rise. When light add 1 cup of seeded raisins and enough flour to make a stiff batter. Let this rise until it is twice the size, then shape in a round loaf and bake. Brush over the top with the yolk of an egg.

## MELBA TOAST

**C**UT bread into slices of medium thickness; toast on both sides; cut it through with a sharp knife, then toast it again.

## MARRONS GLACÉS

**P**UT the chestnuts on the fire in cold water, boil 5 minutes, take them out and while hot strip them of their outer and inner skins. Put them in a big sauce pan containing a syrup of the proportion of  $\frac{1}{2}$  lb. of sugar to 1 quart water and 1 teaspoonful of butter, when they come to the boiling point in the syrup remove to the back of the stove. Use a large quantity of the syrup to the quantity of chestnuts. This syrup should diminish very slowly. When it has become very thick take out the chestnuts and drain them, add a little vanilla to the syrup. Now pour boiling water over the chestnuts to



remove the syrup which covers them. Dry them well. Beat the thick syrup until it is opaque, roll the chestnuts in it; remove with the skimmer and let them dry on a sieve.

Prunes may be treated in the same way.

**M**ELON, peaches, pears, and similar fruits are pretty scooped out into little balls by a potato scoop and served, very cold, in a glass of sweetened wine.

## TOFFEE

### Russian

**P**UT  $2\frac{1}{2}$  lbs. granulated sugar,  $\frac{1}{2}$  lb. of butter and  $\frac{1}{2}$  pint of milk in a small kettle and boil over a slow fire for 15 minutes. Add 1 tin of swiss milk and boil until the toffee hardens when a few drops are poured into a glass of cold water. Pour onto a marble slab that has been previously well sprinkled with powdered sugar, or into a buttered dish, and cut into small squares before it is cold.

Essence of vanilla may be added just before taking from the fire.

## PRESERVED STRAWBERRIES

**T**HESE berries will remain whole. Prepare a basin of lime water. When the lime water is cool put in the strawberries and let them stand  $\frac{1}{4}$  of an hour, then rinse them an instant in fresh water, drain them, taking care not to bruise the fruit. take an equal amount of sugar to the amount of berries. To each pound of sugar, add 1 cup of water, boil until a very thick syrup, then add the berries. Cook 5 minutes, pour into sterilized jars and seal.

## CANNED STRAWBERRIES

**B**E careful to select only the best fruit and not too ripe. Put them into glass jars and place the jars in a big dripping pan; fill the pan with cold water. Then make a syrup of sugar

and water, not too thick, about  $\frac{3}{4}$  of a lb. of sugar to 1 lb. of fruit, 1 cup of water to 1 lb. of sugar, and fill the jars with this syrup to the brim. Put the covers on the jars but do not fasten them. Let the water in the pan boil for about 2 hours ; as the syrup in the jars diminishes, add more syrup so that the fruit is always covered. If there is not enough syrup make more. When they are ready to take off the fire, fill the jars to overflowing, and cover them as snugly as possible.

## SMALL CUCUMBER PICKLES

**P**UT 1 pint of salt on  $\frac{1}{2}$  a bushel of small green cucumbers, cover them with boiling water and let them stand over night. Drain off the water and put them on the stove, a gallon at a time, in cold vinegar, to which add a lump of alum the size of a small hickory nut. Let them come to a boil, then take out and place in a stone jar. Have on the stove a gallon of the best cider vinegar, to which add about 2 lbs. of brown sugar, let come to a good boil. Take out the seeds of 4 red peppers and 2 green peppers, cut in rings, cut in pieces 1 horse radish root, pour boiling water over them and let stand 15 minutes ; drain off add  $\frac{1}{2}$  cup of white mustard seed, a few whole cloves, and some cinnamon sticks. Then put all this mixture on the pickles, cover them with boiling vinegar and put away. Two or three cloves of garlic put in the jar are an addition.

## TOMATO SOUP FOR CANNING

**P**UT in a preserving kettle  $\frac{1}{2}$  bushel of ripe tomatoes, 2 bunches of celery (leaves and all), 30 sprays of parsley, 4 or 5 sweet green peppers, 20 onions, 1 clove of garlic, 12 whole cloves,  $\frac{1}{2}$  stick of cinnamon, 30 bay leaves, 1 teaspoonful of whole black pepper ; boil this 4 hours, strain through a sieve and add  $1\frac{1}{2}$  cups of flour, one cup of sugar, 1 lb. butter and 5 tablespoosful of salt. Cook  $\frac{1}{2}$  hour longer and seal in sterilized jars.

This is a good soup and will keep all winter.

## ILLI'S SUMMER DRINKS

**T**O 1 pint bottle of sparkling water, add the juice of 1 lemon, 1 teaspoonful of lime juice and 1 tablespoonful of sugar.

### BUDO CUP

**T**O 1 pint bottle of dry Ginger Ale, add 1 pint bottle of grape juice, juice of 1 orange, 1 lemon and 2 tablespoonsful of Jamaica Rum.









